



Twin Forks Gastroenterology & Hepatology, P.C.

Eyad M. Ali, M.D.

IBS DIET

High FODMAP food (things to avoid/reduce)

Vegetables and Legumes:

Garlic-avoid entirely if possible
Onions-Avoid entirely if possible
Artichoke, Asparagus, Baked Beans, Beetroot, Black eyed Peas, Broad Beans, Butter Beans, Cauliflower, Celery-greater than 5cm of stalk, Kidney Beans, Leeks, Mange Tout, Mushrooms, Peas, Savoy Cabbage, Soy Beans, Split Peas, Scallions/Spring Onions (bulb White part), Shallots

Fruit: (Fruits can contain high fructose)

Apples, Apricots, Avocado, Blackberries, Cherries, Currants, Dates, Grapefruit, Lychee, Mango, Nectarines, Peaches, Pears, Persimmon, Plums, Prunes, Raisins, Tinned fruit
In apple /pear juice, Watermelon

Cereals, Grains, Breads, Biscuits, Pasta, Nuts and Cakes:

Wheat containing products such (be sure to check labels) Biscuits, Breadcrumbs, Cashews, Cakes, Egg Noodles, Regular Noodles, Pastries, Pasta made from wheat, Udon noodles, Wheat bread, Wheat Cereals, Wheat Rolls, Barley, Bran Cereals, Couscous, Pistachios, Rye, Semolina

Sweets, Sweeteners and Spreads:

Agave, Fructose, High fructose corn syrup (HFCS), Honey, Milk Chocolate, Sugar free Sweets, Insulin, Isomalt, Maltitol, Sorbitol, Xylitol

Prebiotic Foods

The following items can be added to yogurts, snack bars etc...
FOS-fructooligosaccharides
Insulin
Oligofructose

Drinks:

Beer-if drinking more than one bottle, Dandelion Tea, Fruit and Herbal teas with apple Added, Orange juice in quantities over 100ml, Rum, Sugar free fizzy drinks-such as diet

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Coke, Sports drinks, Wine-if drinking more than one glass

Dairy Foods:

Buttermilk, Cream Cheese, Cream, Custard, Ice Cream, Margarine, Milk-Cow goat and Sheep, Sour Cream, Yogurt-including greek yogurt

Low FODMAP food (good to eat food)

Vegetables and Legumes:

Alfalfa, Bean Sprouts, Bok Choy/Pak Choi. Broccoli-Avoid large servings, Brussels Sprouts, Butternut Squash-1/4 cup, Cabbage, Carrots, Celery-less than 5cm of Stalk, Corn/sweet corn-if tolerable and only in small amounts-1/2 cob, Chick Peas-1/4 Cup, Courgette, Chili-if tolerable, Cucumber, Eggplant/aubergine, Fennel, Green Beans, Green Pepper (green bell pepper), Ginger, Kale, Leek Leaves, Lentils-in small amounts, Lettuce, Okra, Olives, Parsnip, Parsley Radish, Red Peppers (Red Bell Pepper), Potato, Pumpkin, Scallions/Spring Onions (green part), Spinach, baby, Squash, Sweet Potato ½ cup, Tomato-avoid cherry tomato, Turnip, Zucchini

Fruit:

Bananas, Blueberries, Boysenberry, Cantaloupe, Cranberry, Clementine, Dragon fruit Grapes, Honeydew and Galia melons, Kiwifruit, Lemon including lemon juice, Lime Mandarin, Orange, Passion fruit, Paw, Papaya, Pineapple, Raspberry, Rhubarb Strawberry

Meats, Poultry and Meat Substitutes:

Chicken, Beef, Lamb, pork, Quorn, Mince, Turkey, Cold Cuts/deli meat/cold meats

Fish and Sea Food:

Canned Tuna
Fresh Fish for example.....
Salmon, Cod, Haddock, Plaice, Trout,
Seafood (ensuring nothing else is added for example)
Crab, Lobster, Shrimp, Mussels, Oysters

Cereals, Grains, Breads, Biscuits, Pasta, Nuts and Cakes:

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Wheat free or gluten free breads

Bread made from oats, rice, corn, and potato flours

Wheat free or gluten free pasta

Buckwheat noodles, Rice noodles. Porridge and oat based cereals,

Cornflakes-1/2 Cup, Rice Bran, Rice Krispies, Almonds-Max of 15, Amaranth, Buckwheat

Brown Rice/Whole Grain Rice, Crisp bread, Corncakes, Coconut-milk, cream, flesh

Hazelnuts-Max of 15, Macadamia-Max of 10, Millet, Oats, Oatcakes, Peanuts, Pecans-Max of 15, Pine nuts-max of 15, Polenta, Popcorn, Potato Chips-Plain, Pumpkin Seeds-Max of 1-2tbsp,

Quinoa, Rice Cakes, Sesame Seeds-max of 1-2tbsp, Sunflower Seeds-max of 1-2tbsp, Sorghum, Tortilla Chips, Walnuts-Max of 10, White Rice, Wheat Free Rye

Sweets, Sweeteners and Spreads:

Aspartame, Golden Syrup, Glucose, Jam-Strawberry, Maple Syrup, Marmalade, Peanut Butter, Saccharine, Sucralose, sugar-also called sucrose, Vegemite

Drinks:

Alcohol-is an irritant to the gut-limited intake advised:

Beer-limited to one drink

Clear Spirits such as Vodka

Gin

Whiskey

Wine-limited to one drink

Fruit and herbal tea-ensure no apple added

Lemonade-in low quantities

Sugar Fizzy drinks (i.e. Not diet/sugar free version) –such as lemonade, Cola

Soya Milk

Water

Dairy Foods and Eggs:

Butter

Cheese-brie, Camembert, Cheddar, Cottage, Feta, Mozzarella, Ricotta-2 tablespoons, Swiss

Dairy free chocolate pudding

Eggs

Gelato

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Lactose free milk
Lactose free yogurt
Oat milk
Parmesan Cheese
Rice milk
Sorbet
Soy Protein (avoid soya beans)
Swiss cheese
Tempeh/Tofu
Whipped Cream

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